

July Calendar of Virtual Events

Monday	Tuesday	Wednesday	Thursday	Friday
		Wheelchair Workout @ 10:30am https://bit.ly/bcarcworkout Zooming Through America @ 11:00am https://bit.ly/bcarctravel	Book Club @ 3:00pm https://bit.ly/bcarcbooks	I Spy Fridays @ 10:00am https://bit.ly/bcarcispyspy Mindfulness @ 1:00pm https://bit.ly/bcarcmindfulfri
Shake Your Soul @ 11:00am https://bit.ly/bcarcsys Mindful Monday @ 4:00pm https://bit.ly/bcarcmindful	Draw Together @ 11:00am https://bit.ly/bcarcdraw Trivia Tuesday @ 3:00pm https://bit.ly/bcarctrivia	Wheelchair Workout @ 10:30am https://bit.ly/bcarcworkout Zooming Through America @ 11:00am https://bit.ly/bcarctravel	Know Your Vote @ 11:30am https://bit.ly/bcarcvote Book Club @ 3:00pm https://bit.ly/bcarcbooks	I Spy Fridays @ 10:00am https://bit.ly/bcarcispyspy Mindfulness @ 1:00pm https://bit.ly/bcarcmindfulfri
Shake Your Soul @ 11:00am https://bit.ly/bcarcsys Mindful Monday @ 4:00pm https://bit.ly/bcarcmindful	Draw Together @ 11:00am https://bit.ly/bcarcdraw Trivia Tuesday @ 3:00pm https://bit.ly/bcarctrivia	Wheelchair Workout @ 10:30am https://bit.ly/bcarcworkout Zooming Through America @ 11:00am https://bit.ly/bcarctravel	Book Club @ 3:00pm https://bit.ly/bcarcbooks	I Spy Fridays @ 10:00am https://bit.ly/bcarcispyspy DIY 30 Minute Meals 12:30pm https://bit.ly/diyymeals Mindfulness @ 1:00pm https://bit.ly/bcarcmindfulfri
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All Virtual Events Are Free of Cost, Simply Click the Link to Join the Zoom Session
 For questions please contact Sonja Stewart at sstewart@bcarc.org or 413-464-7262 ext. 15



July Calendar of Virtual Events

- **Mondays:**
 - Shake Your Soul @ 11:00am (weekly)
 - <https://bit.ly/bcarcsys>
 - Mindful Monday @ 4:00pm
 - <https://bit.ly/bcarcmindful>
- **Tuesdays:**
 - Draw Together @ 11:00am (weekly)
 - <https://bit.ly/bcarcdraw>
 - Trivia Tuesday @ 3:00pm (weekly)
 - <https://bit.ly/bcarctrivia>
- **Wednesday's:**
 - Wheelchair Workout @ 10:30am (weekly)
 - <https://bit.ly/bcarcworkout>
 - Zooming Through America @ 11:00am (weekly)
 - <https://bit.ly/bcarctravel>
- **Thursdays:**
 - Know Your Vote
 - July 9th & 23rd @ 11:30am
 - <https://bit.ly/bcarcvote>
 - Book Club @ 3:00pm (weekly)
 - <https://bit.ly/bcarcbooks>
 - Virtual Chance to Dance
 - July 23rd @ 6:00pm
 - <https://bit.ly/bcarcdances>
- **Fridays:**
 - I Spy Fridays @ 10:00am (weekly)
 - <https://bit.ly/bcarcispy>
 - DIY 30 Minute Meals 12:30pm
 - July 17th & 23rd @ 10:00am
 - <https://bit.ly/diymeals>
 - Mindfulness @ 1:00pm (Weekly)
 - <https://bit.ly/bcarcmindfulfri>